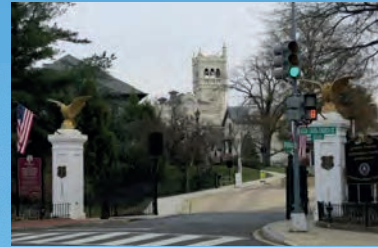


Armed Forces Retirement Home



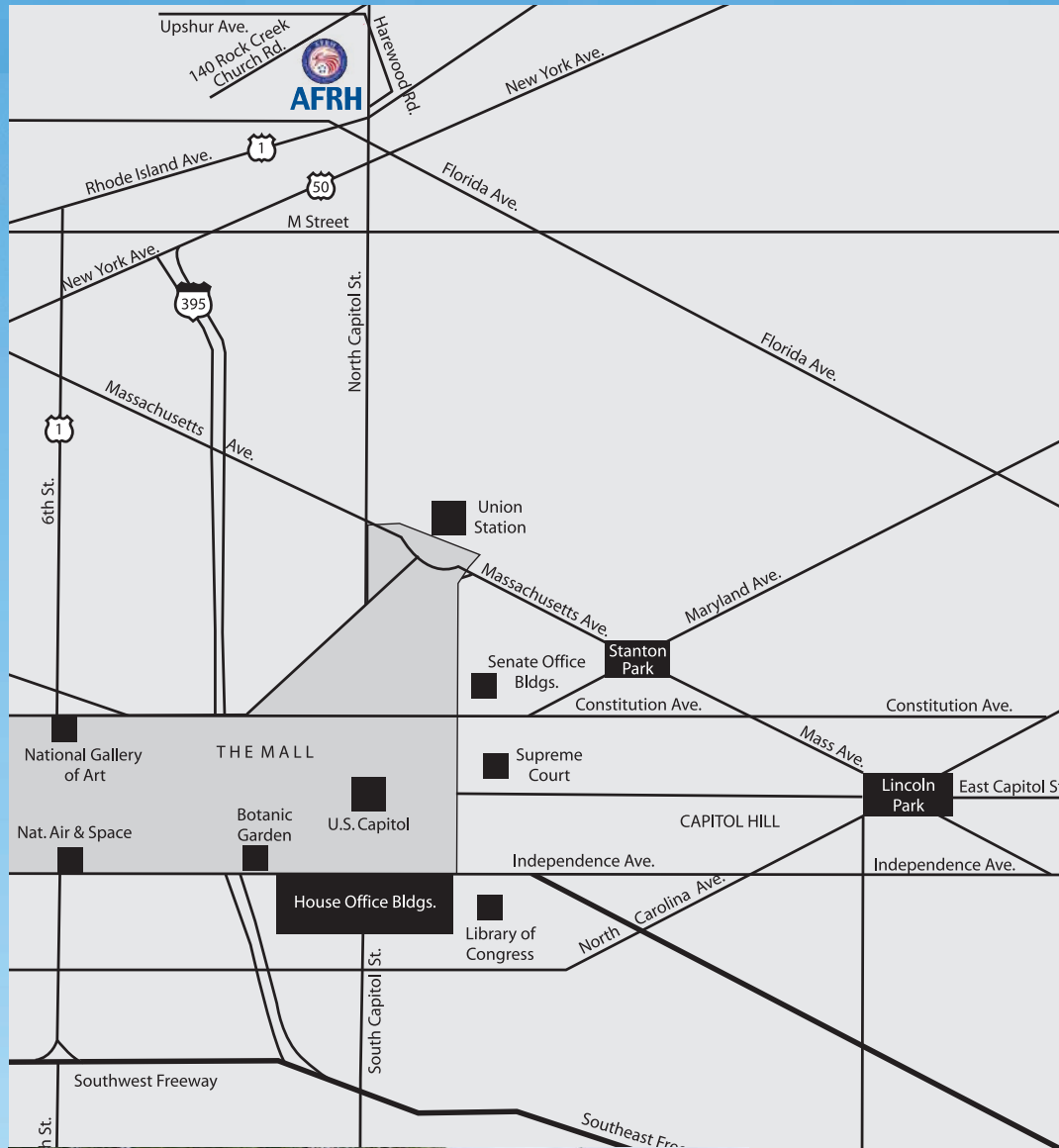
Visitors to AFRH are required to enter the campus through Eagle Gate, located at the intersection of Rock Creek Church Road NW and Upshur Street NW. The 3700 North Capitol Street address is for mailing purposes only and is not an entrance.

For GPS Driving Directions:

AFRH Eagle Gate
140 Rock Creek Church Rd NW
Washington, DC 20011

(Note: This is an approximate address)

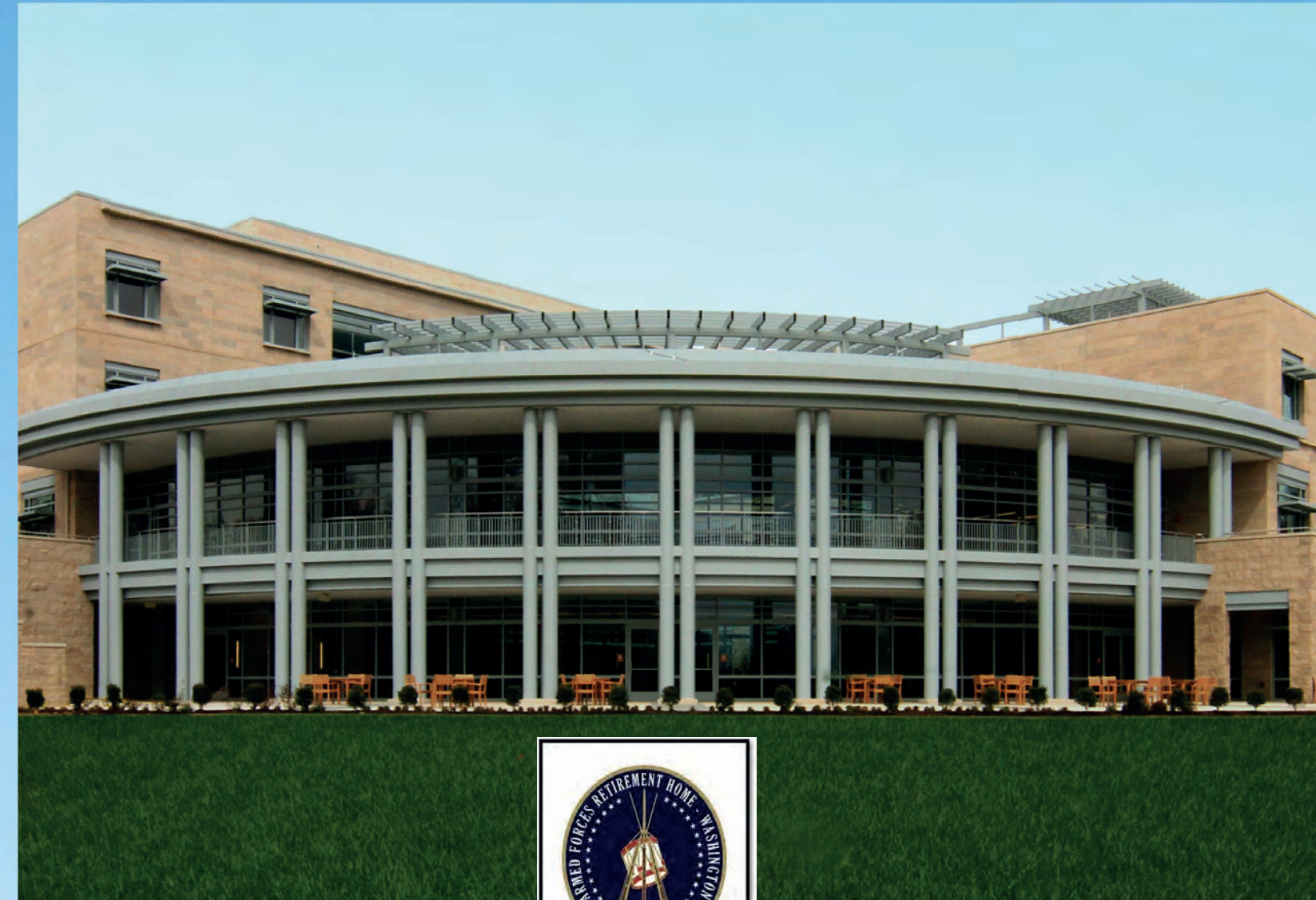
If you need directions please call 800.422.9988 and we'll personally help you.



Armed Forces Retirement Home
3700 N. Capitol Street, NW
Washington, DC 20011
ATT: Public Affairs #584

Email: public.affairs@afrh.gov
Web: afrh.gov
FB: [facebook.com/AFRH.gov](https://www.facebook.com/AFRH.gov)
Phone: (800) 422-9988 opt. 1
Fax: (202) 541-7519

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AFRH - Washington

*Serving America's Enlisted Heroes
Since 1851*

A Vibrant Place to Live

Rooms to THRIVE

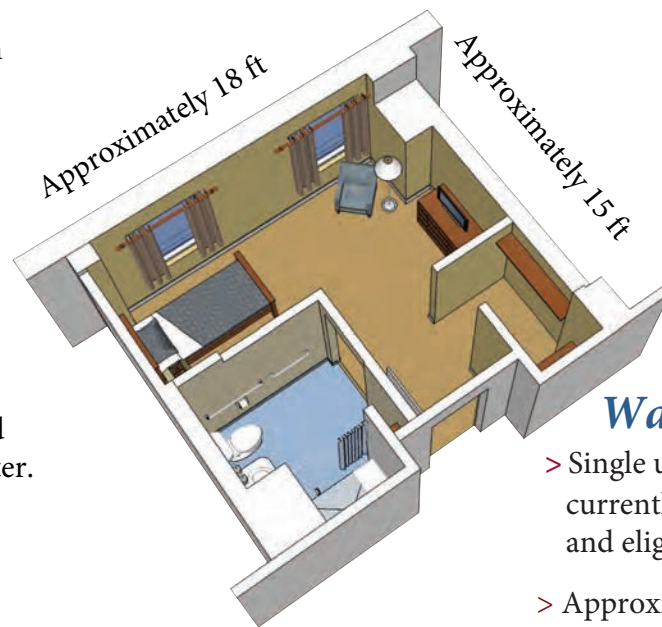


Single units feature a large closet and private bathroom. Married couples may have two adjoining rooms at AFRH-W as available.

Our Washington community offers you many activities and wide-open spaces to explore. Yet, sometimes, we all wish to retire to the privacy of our own space. At AFRH-W, you'll enjoy your own private room with a personal thermostat for heat and A/C, bathroom with a shower, and walk-in closet.

Amenities

- > Apartments are supplied with a comfortable single bed, dresser, and night stand
- > In unit service for a personal phone line, cable TV, or internet connection is at the resident's expense
- > Free WiFi is available in the community areas. Residents also have access to high speed internet in the computer center.
- > Free parking for personal vehicles available for residents and guests
- > Outdoor pavillions are provided for our residents who smoke; smoking is not permitted inside the facility



Washington Apartments

- > Single units and connecting rooms are currently available for new residents and eligible married couples.
- > Approximate size: 265 ft² including private bathroom and walk-in closet
- > Bring your own TV, microwave, mini-fridge, personal furnishings, bedding and decorations.

Lifestyle to THRIVE

Services and Amenities

- > Resident Daytrips
- > Full-service Library
- > Dining Facility
- > Social Areas & Cantina
- > Barber Shop / Salon
- > 24/7 Campus Security
- > Computer Center
- > Mail Services
- > Deluxe Fitness Center
- > Movie Theater
- > Bowling Center
- > Hobby Shops
- > Game / Card Rooms
- > Arts and Crafts
- > ATM
- > Campus PX
- > Scheduled Shuttle Service
- > No-charge Laundry Room
- > Emergency 24/7 alert system

State-of-the art Fitness & Physical Therapy offered in the indoor swimming pool and gym



Building Vitality

We'll help you achieve true wellness: a healthy balance of mind, body, and spirit to stay strong and build happiness. Enjoy a range of daily activities—from exercise classes, nutrition programs, and physical therapy to arts and crafts, regularly scheduled group daytrips, and live entertainment. Each day you can count on our dedicated staff for personal care and hands-on support.



AFRH-W is the landmark site of President Lincoln's Cottage.

View of the historic Sherman Building Clock Tower.

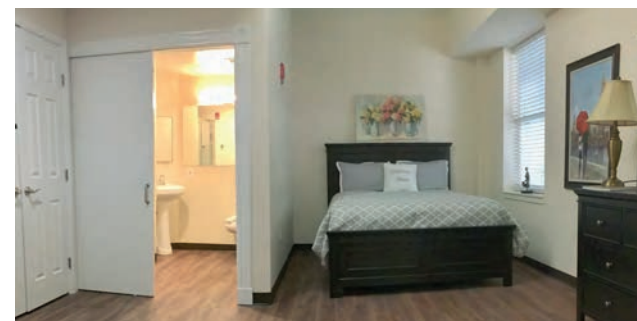


Wellness Programs

- > 24/7 Wellness Center
- > Recreation Services
- > Nutrition Guidance
- > Physical Therapy
- > Occupational Therapy
- > Dental Care
- > Podiatry Care
- > Vision Care

Couples' Suites

Pardon our dust! The D.C. Campus is in the process of remodeling suites for eligible married couples coming soon. Our new suites will have a kitchenette area, living room, private bedroom, double closet, and an updated bathroom with shower.



Unique Washington DC Amenities

- > Scenic walking trails through campus parklands that overlook the U.S. Capitol and Washington Monument
- > Cultural activities, museums, historic monuments, etc.
- > Defenders Inn - Residents' Pub
- > Bus trips to area casinos, shopping, and local festivals
- > Stocked fishponds
- > Nine hole golf course in the heart of D.C.